

Basic Recovery Agenda

Four Sessions with Three Breakouts

Weeknight Abbreviated "Munch and Crunch" Format

Session One: Steps 1, 2 and 3 (30 minutes)

06:00 pm–06:30 pm

Breakout Number One (15 minutes)

06:30 pm–06:45 pm (Meet Your Sharing Partner and Discuss Your Surrender)

Session Two: Step 4 and Setup Step 5 (30 minutes)

06:45 pm–07:15 pm

Breakout Number Two (45 minutes)

07:15 pm–08:00 pm (Take Step 5 with Your Sharing Partner)

Session Three: Take Steps 6 and 7 and Setup Steps 8 and 9 (30 minutes)

08:00 pm–08:30 pm

Breakout Number Three (30 minutes)

08:30 pm–09:00 pm (Take Steps 8 and 9 with Your Sharing Partner)

Session Four: Steps 10, 11 and 12 (30 minutes)

09:00 pm–09:30 pm (Including a Five Minute Quiet Time to Practice Step Eleven)

(3 ½ hours total, including three breakout sessions)